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## Iowa State Daily (January 30, 2012)

Iowa State Daily

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LECTURE:

MLK series invites former minister

By Katelynn McCollough  
Daily Staff Writer  
The retired Rev. Mark Morrison-Reed will be speaking at 7 p.m. on Monday in the Sun Room at the Memorial Union.

His speech, "Memoir of an Integration Baby: On the Road to Tomorrow," will be part of the Martin Luther King Jr. Holiday Series.

"Because we are scared ... we live smaller lives than we would otherwise," Morrison-Reed said. "We want to create a condition where people look forward to getting to know each other."

According to the Iowa State Lectures Program, the speech will focus on Morrison-Reed's time growing up during the civil rights movement as a black man, his struggle with racism, having an interracial family and being one of the first black Unitarian Universalist ministers.

The speech will also correspond with one of Morrison-Reed's books, "In Between: Memoir of an Integration Baby."

Morrison-Reed said that multiculturalism is "just part of the structure of my life."

Morrison-Reed is no longer a minister but is now an author and speaker.

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Men's basketball



IT'S BACK

ISU basketball out plays, out lasts No. 5 Kansas

By Jeremiah Davis  
@iowastatedaily.com

In the 2011-12 academic year, two top five teams have come to Ames and two have left with losses.

On Saturday, it was the ISU men's basketball team's turn to be serenaded with "Sweet Caroline" following the 72-64 upset win against No. 5 Kansas, just as the ISU football team was after upsetting No. 2 Oklahoma State.

"Hilton Magic was definitely in full effect today," said ISU coach Fred Hoiberg.

The Cyclones (15-6, 5-3 Big 12) ended a 13-game losing streak to the Jayhawks (17-4, 7-1), which included seven straight at home, dating back to Jan. 31, 2004. It was also the team's first win against a top five opponent at home since Jan. 14, 1995, when Iowa State beat then-No. 3 Kansas.

Guard Scott Christopherson said he was happy the team corrected issues they've been dealing with. But knowing Hilton Coliseum hadn't seen win like Saturday's in several years, the



Members of Cyclone Alley cheer during the game against Kansas at Hilton Coliseum on Saturday. The Cyclones beat No. 5 Kansas 72-64.

senior said he was just as happy for Cyclone fans.

"This is my fourth year here, and they've been through some bad times and still keep coming," Christopherson said. "It's great to have that kind of support."

Hoiberg — who's been going to

games at Hilton Coliseum since he was a young boy — said the win meant a lot to him personally.

Having been a part of so many matchups with Kansas, Hoiberg said that makes the win all the more special knowing what kind of tradition and record the Jayhawks have over the years.

"There's always something extra special about the Kansas game — always something a little extra in the air," Hoiberg said. "I have so much respect for that program. Just to be able to compete against [coach Bill Self] and

MAGIC.p6 >>

Reaction

Yahoo! article names ag majors t'useless'

By Maia Zewert  
@iowastatedaily.com

A recent article, titled "College Majors That Are Useless" and published on Yahoo!, has received a lot of attention from the agriculture community.

Written by Terence Loose, the article claimed that agriculture was the most useless degree. Also, making Loose's top five list were animal science [#4] and horticulture [#5].

"If your idea of a good day is getting up with the sun and working till it sets as an agricultural manager, a degree in agriculture might be your calling. Just don't expect farms and ranches to be calling you," the Yahoo! article said.

"As future food producers for the entire world, those of us who are studying agriculture find it unsettling that this is what the



Illustration: Jordan Melcher/Iowa State Daily  
The agricultural community is defending the agriculture degrees. The community points out that with a growing population, there is a greater need for food production.

opinion of what our degrees really mean to society," said Brean Bettencourt, member of "I Love Farmers...They

Feed My Soul" a grass-roots movement created to spread

AGRICULTURE.p10 >>

Festival

Students raise awareness for Horn of Africa

By Katelynn McCollough  
@iowastatedaily.com

Members of UNICEF @ ISU, the African Student Association and the International Student Council held the event "Horn of Africa: Hope, Music and Arts Festival" at the Memorial Union on Saturday.

The three-hour event raised money and awareness for the 13 million Africans in the Horn of Africa who are suffering from famine, war and drought.

"We took the initiative of 'lets do something about it,'" said Nidhi Shah, graduate student in

nutritional sciences and co-founder of UNICEF @ ISU with alumna Haema Nilakanta. "We were trying to find ways that we could contribute while getting an education."

The event was held at the Great Hall and featured volunteer performances of everything from poetry, musical performances and dances.

This was the first time that these three organizations collaborated to create such an event on campus. Approximately 160 students, professors and community members attended the festival, each

UNICEF.p10 >>

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Calendar

Find out what's going on, and share your event with the rest of campus on our website, at [iowastatedaily.com](http://iowastatedaily.com).

MONDAY

**Copper Wrapped Felted Beads with Annihka Murray**  
**When:** 7 p.m.  
**What:** Learn wet-felting techniques to make two different kinds of beads.  
**Where:** Workspace at the Memorial Union

**Precious Metal Clay Molded Pendants**  
**When:** 7:30 p.m.  
**What:** Learn how to use molding compound, a button of your choice, and metal clay to make a fabulous pendant.  
**Where:** Workspace at the Memorial Union

TUESDAY

**Belly Dance Foundation with Lisa Rich McKelvey (Shiara)**  
**When:** 7:15 p.m.  
**What:** Build a strong vocabulary of basic dance movements that can be used for any style of belly dance.  
**Where:** Workspace at the Memorial Union

**The Music of Philip Glass**  
**When:** 7:30 p.m.  
**What:** A concert to celebrate the 75th Birthday of composer Philip Glass.  
**Where:** Martha-Ellen Tye Recital Hall, Music Building

WEDNESDAY

**SUB Music: Andy Grammer w/ Ryan Star and Rachel Platten**  
**When:** 8 p.m.  
**What:** Establishing himself as a Road Dog, Andy hasn't stopped stacking up the gigs.  
**Where:** M-Shop

**Grandma Mojo's Moonshine Revival**  
**When:** 10 p.m.  
**What:** Come see Iowa State's very own student improv comedy troupe.  
**Where:** M-Shop

THURSDAY

**Afternoon Oil Painting with Sara Merritt**  
**When:** 2 p.m.  
**What:** Through this class, students will become comfortable using oil paint, and gain confidence in color mixing, composition, and paint application. This class is meant for both beginners and more experienced painters  
**Where:** Workspace at the Memorial Union

**Who's Afraid of Post-Blackness? Touré**  
**When:** 8 p.m.  
**What:** Touré, a NBC correspondent, is the author of "Who's Afraid of Post-Blackness," a look at what it means to be black today and how blackness has changed over the decades. National Affairs Series and Martin Luther King Jr. Holiday Series.  
**Where:** Great Hall, Memorial Union

Daily Snapshot



Photo: Lyn Bryant/Iowa State Daily

ISU AFTER DARK: Students find fun and games late at night

Sebastian Niles, junior in psychology, greets students coming for ISU AfterDark on Friday in the Memorial Union. ISU AfterDark is a student group that plans late-night weekend activities throughout the semester.

TV schedule

MONDAY	TUESDAY	WEDNESDAY
<b>Bachelor</b> 7 p.m. ABC	<b>Glee</b> 7 p.m. FOX	<b>American Idol</b> 7 p.m. FOX
<b>House</b> 7 p.m. FOX	<b>90210</b> 7 p.m. The CW	<b>Super Bowl's Greatest Commercials</b> 7 p.m. CBS
<b>Gossip Girl</b> 7 p.m. The CW	<b>The Biggest Loser</b> 7 p.m. NBC	<b>One Tree Hill</b> 7 p.m. The CW
<b>Alcatraz</b> 8 p.m. FOX	<b>New Girl</b> 8 p.m. FOX	<b>Whitney</b> 7 p.m. NBC
<b>Fear Factor</b> 8 p.m. NBC	<b>Ringer</b> 8 p.m. The CW	<b>Mobbed</b> 8 p.m. FOX
<b>Rock Center with Brian Williams</b> 9 p.m. NBC	<b>Justified</b> 9 p.m. FX	<b>Royal Pains</b> 9 p.m. USA

Police Blotter:

Ames, ISU Police Departments

**Jan. 24**  
A vehicle that left the scene struck a car in Lot A4 owned by **Judith Mersch** (reported at 4:03 p.m.).  
**Jacob Welter**, 18, 2246 Willow Hall, was arrested on a warrant held by the Story County Sheriff's Office; he was transported to the Story County Justice Center (reported at 12:04 a.m.).  
Information regarding a possible case of harassment was received at the Armory (reported at 4:50 p.m.).  
Information regarding a possible case of harassment was received at the Armory (reported at 5:47 p.m.).  
Vehicles driven by **Adriane Demuth and Ronnie Olmetti** were involved in a property damage collision in Lot 63 (reported at 10:32 p.m.).  
A patron reported the theft of a cell phone and a wallet at Lied Recreation Athletic Center (reported at 10:58 p.m.).  
Officers assisted a man who was experiencing emotional difficulties at Lied Recreation Center; the individual was transported to Mary Greeley Medical Center for treatment (reported at 11:14 p.m.).

**Jan. 25**  
Officers assisted a resident who was suffering from an overdose of prescription medication in the University Village; the individual was transported by ambulance to Mary Greeley Medical Center (reported at 3:16 p.m.).  
A staff member reported the theft of computer equipment in Veterinary Medicine (reported at 12:59 p.m.).  
**Richelle Whittlesey**, 8210 Willow Hall, reported the theft of a vehicle license plate in Lot S5 (reported at 8:57 p.m.).

**Jan. 26**  
**Justin Stewart**, 19, 2246

**Michael Peterson**, 21, 129 Creekside Drive, was arrested and charged with operating while intoxicated at Little Street and Welch Avenue; he was transported to the Story County Justice Center (reported at 1:43 a.m.).  
**Jacob Bingham**, 21, 2803 Heathrow Drive unit 289, was arrested and charged with operating while intoxicated at South 16th Street and University Boulevard; he was transported to the Story County Justice Center (reported at 3:11 a.m.).  
**Rebecca Meerbrink**, 174 Linden Hall, reported damage to vehicle windows in Lot 63 (reported at 8:16 a.m.).  
A staff member reported someone had moved blocks from a retaining wall at Hyland Avenue and Pammel Drive (reported at 8:56 a.m.).  
A staff member reported an emergency telephone had been shot at with a pellet gun in Lot 50 (reported at 10:11 a.m.).  
**John Schnack III**, 24, of Devitt, Iowa, was arrested and charged with public intoxication at Ash Avenue and Lincoln Way; he was transported to the Story County Justice Center (reported at 11 p.m.).

**Jan. 27**  
**Daniel Devetter**, 24, 110 McDonald Drive unit 233, was arrested and charged with public intoxication at Lincoln Way and Welch Avenue; he was transported to the Story County Justice Center (reported at 1:07 a.m.).

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

Celebrity News

Notes and events.

**SAG Awards to bestow honors to film, TV actors**  
Hollywood's awards season nears mid-point Sunday night with the 18th annual Screen Actors Guild Awards – the only industry honors that solely recognize performers.  
The SAG Actor trophies go to both television and film actors, and the winners are chosen by their acting peers.  
The showdowns between actors George Clooney and Jean Dujardin, and actresses Meryl Steep and Michelle Williams promise to provide the biggest drama in the SAG ceremony televised live from the Shrine Auditorium near downtown Los Angeles.  
All four are nominated for best actor or best actress Oscars, which will be handed out in four weeks, and each won best actor Golden Globes when the award season unofficially began two Sundays ago.

**Etta James remembered as an authentic voice at funeral**  
About 300 mourners remembered legendary singer Etta James on Saturday as an authentic voice whose velvety vocals bridged genres from blues to rock.  
Another legendary singer, Stevie Wonder, gave a musical tribute to James at her funeral: He played the electronic keyboard and sang his "Shelter in the Rain." He then performed on the harmonica and sang The Lord's Prayer.  
Also performing at the service was Christina Aguilera, who sang James' signature song "At Last" and ended her rendition to a standing audience with a farewell directed at James' casket: "May you rest in peace."  
After the service, Aguilera told CNN that James was her idol.  
"It was so emotional," Aguilera said. "I went through the lyrics last night, and I did rehearsal ... and it took on a whole new meaning having been invited by her close friends and family to sing that classic song at her service. And I started crying every time I started to sing it, and I thought, 'My gosh, what if that happens tomorrow? I just want to do justice to Etta James. She meant the whole world to me, and it was a huge honor to be here today.'"

CNN wire staff

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Editorial

Obama’s plan may hinder universities

Recently President Obama has been discussing a multitude of issues important to students. In the State of the Union he talked about the economy and job prospects. Last week he also gave a plan for military budget cuts, which may impact our interests overseas as well as our pocket books.

However, where the other issues may indirectly affect a portion of students, the president’s discussion of university tuition affects all students directly. Although military cuts have an impact on national debt and foreign interests they are not major concerns for students.

Tuition, debt, class size and quality of education affect every student. Under the president’s proposed plan, funding would increase from \$3 billion to \$10 billion for programs such as the Federal Supplemental Education Opportunity Grant, the Federal Work Study and Federal Perkins Loan program.

Although the proposed increase in campus-based aid seems extreme, it would help students less than expected. Campus-based aid is currently \$3 billion, but direct federal aid to students through loans and grants is \$140 billion, which wouldn’t change.

Campus-based aid is given to the university’s financial aid office with the interest of reallocating it to students. This is different than federal loans and grants given straight to students at lower interest rates.

There is little the president can actually do to lower costs of college, especially as state funding decreases and private loans become more expensive. The key issue to university costs is the university budget. Universities are highly dependent on economic conditions and state funding. As prices for buildings, new labs and facilities and teaching talent increase, the budget has to increase.

As prices have risen, universities struggle to compete for the best programs, researchers and teachers. For example, Iowa State is known for its exemplary engineering programs, but this is possible because of the constant investment in technology and research development.

Budgets are squeezed to keep costs reasonable, but at what point do we jeopardize our prestige or our liberal education? Like anything else, quality costs money. Costs are important, but the university’s mission is educating students, and tuition reduction cannot go so far as to affect the university’s ability to teach. Squeezing university budgets may increase class size, reduce departments and adversely affect students’ education.

Aid should be direct to students. For the president’s system to work it needs to consider the quality of education as well as the costs. It has to be careful to reward and help universities while avoiding the danger of making funding and tuition worse.

Editorial Board

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published.

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Politics



File photo: Kelsey Kremer/Iowa State Daily  
Newt Gingrich waves to members of the crowd on Jan. 1 in West Towne Pub. Despite a recent upswing in nationwide voter approval, Gingrich might never be able to unify the Republican party around his campaign issues.

GOP challenges Gingrich

Newt Gingrich is in trouble. The former speaker of the House is now the victim of a leadership deficit — a hemorrhaging GOP, seemingly for lack of choice, might nominate him. Now comfortably ahead of his arch-rival, former Mass. Gov. Mitt Romney, in most opinion polls in Florida, the Gingrich factor is the new Republican primary wave.

Beating Romney in Florida will be a decisive pointer for Gingrich. It will be telling of how conservatives — contrived — would want him to face off with President Barack Obama in November. And that is the wrong end of town that Gingrich finds himself. From the beginning of the race, the historian Gingrich didn’t seem so dearly set on the prize. His ineptitude toward issues surrounding both his private and personal past sought to cast him as but another contender — perhaps, angling for the vice presidency.

Should Gingrich romp through the primaries, November comes to him a wounded soul. The dent the spotlight on his past brings to fore could be one irreparable regret for a politician of a fratricidal tragedy — he was once disowned by his own party and with not-so-much grace quit Congress. It’s such a record — that he chose to not address his past from the onset puts him at an impossible defensive where very long jugulars would be needed. Especially, he will be hard pressed to sail through the tide of an electorate hungry for jobs, when he had the privilege of accepting easy money as a lobbyist.

And while it looks like the game is changing to Gingrich’s favor in the primaries — the hint of recruiting rival Rick Santorum to the ticket and the pandering of the Republican left, there’s a new parade of the jilted and the disgruntled within the GOP. The disenchanted



By Benson.Amollo  
@iowastatedaily.com

Republican left, bought to the electability of Gov. Romney, is disparaged by Gingrich’s rise. They will, more than the Democrats, fracture his bid from within. There will be a sounding cry that would shout: weak, weak, weak! That lynch mob will be up to articulate through their own complex lenses of looking at the historian Gingrich in all the wrongs that would be difficult for him to right as President Obama’s challenger.

Gingrich shall have flickered and nudged by way of a sharp scrutiny from persons who not only measure up to him as his peers within the GOP, but also, watchers of his “storied” record as a Washington insider. Already, the Republican left is concerned over a presidency lacking the control of the House and Senate, should Gingrich’s candidature come true. In other words, they are hinting to the electorate, a negative tag that the former speaker bears when it comes to his relations with Washington Republicans. It doesn’t look too good. Thus, the argument that Romney, coming from Boston, is new to the ways of the Capitol and might be able to break through the network, make friends, stage some “control” and thus bring true the legislative pursuit of the GOP.

Equally, Gingrich still miserably fails to make the opinion poll gains against President Barack Obama — a situation in the eyes of pro-Romney GOP-ers doesn’t sit well with

the party’s intent to dislodge the president. Romney somehow sends shivers to Obama’s numbers in that regard. And the question of whether Gingrich is the Republican Party’s best bet against Obama continues to be asked through the lenses of his link to the past. A past in which he, Gingrich, is associated with big money and corporate greed in ways that will be a tough vindication call. Whether his association with Freddie and Fannie Mae could be a mere “historian’s consultancy” gig would need much elaboration.

Gingrich also struggles to look and sound like the leader he needs to be. Often portrayed as a passing conservative — because his records show less conservatism — Newt Gingrich doesn’t seem to set himself up as the future president. Instead, he has fallen into a complaining, even whining tone, especially at the debates when the contest narrows down against Romney. Analyzing events with the tone of an insider casting for the outsider role, and aligning himself with the proverbial “man on the street,” it can be admirable sometimes for Gingrich. Except, when he gets it wrong, it quickly reminds anyone watching him of the real him — a Washington insider and a grand beneficiary of corporate greed!

Beating Barack Obama would need an audacious stock-pile of tact and a past that can be steered clear of. What Gingrich has to contend with — a philandering tag and a not-so-well executed divorce—besides complaints of complicity with the dreaded corporate world, Obama doesn’t have to deal with. That sets Gingrich at a disadvantaged start.

**Benson Amollo** is a graduate student in journalism and mass communication from Nairobi, Kenya

Intellect

Separate religion from politics

I find myself becoming increasingly aggravated by the use of religious doctrine in politics, especially from the likes of presidential candidate Rick Santorum and former candidate Rick Perry (and other such “evangelical politicians”). Modern politicians consistently attempt to compare a political issue with a religious exercise. This is a flippant disregard of the very essence of politics.

Religion and politics are inherently different and they should always be separate from each other. The merging of the two arises quite frequently throughout history, dating back to antiquity. It is by no surprise that the combining of religion and politics should come up and taint us once again. Yet, there exists very little vocal advocacy for another healthy division of these two entities.

In the past, there has always been a great “thinker” to condemn such an atrocity. For example, in St. Augustine’s “City of God,” Augustine argues that politics is solely a fabrication by humans and religion is an inheritance of the divine. Notwithstanding, a clear definition that would help in the dissolution of the tie between politics and religion can be found in

By Michael.Glawe  
@iowastatedaily.com

the writings of one of my favorite thinkers, Hannah Arendt.

To understand Arendt, we must imagine two spheres of influence. The first sphere would be labeled the “private realm.” The second would be labeled the “public realm.” From here we can fill the spheres with activities that are either personal or non-personal. For instance, our homes, religious practices and family life would undoubtedly fall within the private realm. Debates, opposition and compromise require us to act as citizens, and thus would fall within the public realm.

According to Arendt, in order for us to be “citizens” we must depart the private realm and interact with the diverse set of opinions in our communities. It is through this interaction that we, not only citizens of this great nation but of humanity itself, come to our own conclusions and acceptances. This interaction, in the classical sense, can be translated as “politics” or even more specifically “action.” This is not to be confused with the great blunder that is our modern conception of politics. Politicking

concerns governance, civility (in the archaic sense) and other such functions of the citizenry. We may practice politics and action only in the public realm, where our propositions can be thoroughly tested against opposition and adversity. For action to exist, there must be a reaction.

Religion and contrasting politics would undoubtedly fall within the private realm. It is through religious practices that we draw our personal values, spiritual guidance and family nurturing. These imperatives are much different from politics and action, and it would be frivolous to integrate them into the process of governance, which by definition is fabricated by humans. As Augustine states, if we are to believe in the divine, as religion construes, then we must keep it separate from politics. By Augustine’s standards, this would constitute a “City of God” (being religion) and a “City of Man” (being politics). This holds true for Arendt’s conception of the public and private realms.

Plato, a colossal figure in Greek philosophy and politics, went as far as to say that there are two types of divinities. In nature, we are given the God(s), divine enti-

ties of their own right. In politics, however, humans have a chance to become divine. This isn’t to imply that humans may achieve god-like powers, and in turn blasphemy. Rather, those humans could achieve “immortality” if their actions are remembered forever. For instance, Achilles believed, as all Greeks did, that action was the only way to achieve glory.

I acknowledge the great division between politics and religion, and it is because of this that there are two worlds of my own life. In the public realm, I am a politician first and a believer second. In the private realm, I am a believer first and a politician second. These two characters never enforce their notions upon the other. They remain separate and arise when the opportunity presents itself. Unfortunately, modern politicians and religious sects do not see a “separation of characters” as necessary to the survival of politics as I and many others do.

The dissolution of political and religious division is a result of an overall lack of action. If we acted, and therefore go through a process of learning, we would no doubt





Health

# Victory for women in insurance updates

The Department of Health and Human Services has recently released new guidelines that describe a number of services soon to be offered by insurance companies without the added financial hassle of co-pays and deductibles.

Beginning in August of this year, services such as yearly checkups, domestic violence screening, HPV testing, STI screening and, perhaps the most controversial, birth control all will be covered completely by insurance providers.

In addition to requiring insurance providers to cover the costs of these services, an amendment was also released that gives religious institutions that provide employees with insurance the choice to bypass this requirement. While purely religious institutions such as churches, mosques, synagogues and other places used for worship are exempt, the Obama administration has given religious-affiliated employers a year to follow the new requirements as outlined by the Department of Health and Human Services. Religious-affiliated employers include organizations such as church-affiliated hospitals, universities or social service groups.

This amendment has stirred up quite a bit of ire from many religious groups, upset that their hospitals, schools and organizations will be required to cover the entire cost of birth control for employees. They claim their religious freedoms are being violated, but this is not the case.

These groups fail to receive the same exemption as churches because of the secular nature of their organizations. Church-affiliated hospitals have a secular purpose — caring for the ill and preventing sickness. Religious universities have a secular goal of providing adults with a higher education. Groups dedicated to performing social services provide an ultimately secular task.

Because these groups are often only affiliated with a particular religion or denomination and perform underlying secular tasks, they will draw in employees from all sorts of religious backgrounds, not just their own.

A nurse or doctor may find him- or herself working at a Catholic hospital because it's a good job, not because they agree with the theology. A professor may receive an enticing offer from a private religious university, despite their different personal views.

This differentiation between religious groups as secular-serving employers and religious groups operating for purely religious



By **Claire Vriezen**  
[@iowastatedaily.com](mailto:opinion@iowastatedaily.com)

purposes allows a balance between providing important contraceptive services (along with other important health services) to workers and the freedom of religious entities.

Putting aside debates about the economic repercussions of these regulations, and despite the exemptions that religious groups are offered, many conservative groups still objected to the new rules put out by HHS.

Cardinal Daniel DiNardo, chairman of the Committee on Pro-Life Activities for the U.S. Conference of Catholic Bishops, argued that the "HHS says the intent of its 'preventive services' mandate is to help stop health problems before they start, but pregnancy is not a disease, and children are not a 'health problem' — they are the next generation of Americans."

The fact of the matter is that nearly 99 percent of women in America, ages 15 to 44, will use some type of contraception during their life.

The most widely used method is the pill, one of the most effective ways of preventing pregnancy. Pregnancy may not be a disease, but it is a matter that virtually every woman takes preventative measures against.

In addition to being used when avoiding a pregnancy, the pill (along with other hormonal methods) in particular is also frequently prescribed for other medical reasons. Roughly 1.5 million women rely on the pill for a strictly non-contraceptive purpose. Additionally, 58 percent of pill users take this medication for reasons beyond contraception. Often the pill can be used for heavy periods, intense menstrual cramps, the regulation of menstrual cycles or for the treatment of acne.

Those that oppose the new guidelines as an overall concept fail to acknowledge the fact that over 1 million women use the pill for health reasons unrelated to conceiving. The HHS recognizes what people like DiNardo seem to overlook — women use contraceptives for a variety of reasons.

The actions by the HHS have been heralded as a "historic victory for women's health and women across the country," according to the president of Planned Parenthood, Cecile



Photo courtesy of Thinkstock

**Birth control is used for more things than contraceptive purpose.**

Richards. It will work towards preventing "unintended pregnancies and keep women and children healthy," she said.

It's clear that when it comes to reproductive choices in America, women of all races, religions and socioeconomic levels have utilized some form of contraception.

This change in insurance plans will open up the option for many women to pursue more effective forms of birth control previously out of reach to them or to simply be able to afford

birth control. It's a valuable service that allows women greater control over their own reproductive futures, rather than having to worry about paying extra each month for their next prescription and is rightly recognized as a victory for women.

**Claire Vriezen** is a junior in biochemistry and genetics from Rochester, Minn.

Letters to the editor

## Police lose sight of duty

**Trevor Brown** is a senior in construction engineering.

There is no beating around the bush. Iowa State University, like many other universities, has a Campustown area frequented by students on evenings and weekends to partake in drinking activities. This comes as no surprise to anyone familiar with Ames, and more particularly the Welch Avenue district.

Anyone who reads the police blotter on a regular basis knows that public intoxication and operating while intoxicated charges are among the two most issued citations by police in Ames. I argue that many officers in Ames have become caught up in confronting the drinking in Campustown that officers have shunned their primary reason for being employed: to protect and serve.

The ISU Department of Public Safety website clearly shows the promoting of a violence-free campus and ensuring the safety of Iowa State students. This is their primary role. It is my belief that a majority of our campus police force either is not aware of this policy, chooses to no longer abide by their own policies or simply twists the protecting of students to their convenience.

Officers go out and shoot fish in a barrel on the weekends. They have a selection from any number of people walking along the sidewalk to choose from who would arguably be displaying signs of intoxication. Legally, walking home intoxicated in Ames has become no less risky than driving. It simply carries a lesser penalty. Additionally, because of how Iowa's public intoxication law is worded, a public intoxication arrest results in a harder time getting out of the charges, because it is a discretion-based charge. Trials of public intoxication end up being trials of credibility, or their word versus ours.

So by what standards do police officers decide to make an arrest?

A DPS officer will tell you visible signs of impairment beyond what their discretion tells them is safe. I would argue that whether or not you are released after you have been stopped depends on whether or not you have been 'good' for the officer.

Police officers generally do not like it when you exercise your rights. Which rights? The right not to submit to a chemical test, the right not to be searched without a warrant, the right not to answer any of the police officer's questions. That's right. These are your RIGHTS as an American citizen, and it cannot be held against you in court.

Unfortunately, however, it is often used against you in the field. An example of this comes from my experience. An officer asked me to consent to a preliminary breath test, which I refused. The officer's response was, "Then I have no choice but to arrest you for public intoxication." After three months in court and thousands of dollars I was found 'Not guilty.'

It's unfortunate how many resources are required to defend yourself against the state. Especially when students cannot even get representation from Student Legal Services in cases against ISU DPS due to a conflict of interest. Therefore a student is left with three options: take your luck with court appointed council, privately retain a lawyer or defend yourself Pro Se.

The first option usually results in a plea agreement. The second will run you from \$150-\$250/hour. The third is discouraged by just about everybody (that's why there's the Fifth Amendment after all).

This is an issue that requires attention. Many arrests made are not, in fact, arrests in the interest of safety, but arrests for the sake of making arrests. When and why did it become okay for an organization that was put in place to help students use their powers against students? And don't even get me started on the parking division...

## Agriculture stays vital

Animal agriculture has been a staple in our existence since day one. It has provided a nutritious protein source for generations. Today, it still continues to supply us with not only a healthy diet, but also numerous products ranging from lipstick to heart valves.

Our world has made great strides in relation to technology, transportation and safety. Animal agriculture is no different. Having been raised on a family farm, I am proud of the accomplishments we have made within the industry. Nearly 98 percent of farms in the United States are family-owned and have an improved standard of living because of developments in technology and safety. For example, the majority of pork production is now raised in a climate-

**Adair Boysen** is a senior in animal science.

controlled environment, compared to 50 years ago when pork was raised in open lots and exposed to the inevitable Iowa winters and hot summers.

Not only has this created a better environment for the animal and the farmer, it also has improved the affordability of pork products.

As our world is continuing to change, we also must consider the growing population. According to the Food and Agriculture Organization of the United Nations, our world population is estimated to hit 9 billion by 2050. We will need 70 percent more food than we

produce now. Animal agriculture has done a spectacular job of accommodating the growing population by raising animal protein in more efficient, economical and environmental friendly ways. According to the Journal of Nutrition, global meat production has tripled, milk production has doubled, and egg production has quadrupled since 1960. This is due to population growth and a more affluent society worldwide.

We are the future of the world. I believe in animal agriculture and the food it can provide. We are an industry who has utilized science as our basis and we have been able to feed many more people.

As a farm girl, I will take my steak medium rare.

>>RELIGION.p4

find the horrible consequence of combining two of our most cherished entities.

If politics were allowed to completely dominate religion, then we would eventually see a communist-like state. If religion were allowed to completely dominate politics, we would fall into theocratic fascism. The Founding Fathers, like Arendt, Plato and St. Augustine, wanted to preserve politics and religion. Thus, a division between the two was the only way

to achieve preservation. Religion is an exceptional force for good. Politics is an exceptional instrument of citizenship. They are both pivotal to the lifestyle of Americans. Both are imperative to the survival of our Nation. To combine the two would be to eliminate the two, and in so doing, eliminate ourselves.

**Michael Glawe** is a sophomore in finance and political science from New Ulm, MN.

why the daily?

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Employing more than 200 students over the course of a year, the Iowa State Daily is an independent, student-run, non-profit organization. The Daily is owned and operated by students for the students, faculty, staff and alumni that make up the ISU community.

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BASKETBALL:

## Women fall short of victory against A&M

By Dean Berhow-Goll  
Daily staff writer

The second time around playing No. 14 Texas A&M was much better for the ISU women's basketball team, but it was not enough to defeat the Aggies (14-5, 5-3 Big 12) in College Station as the Cyclones (11-8 2-6) lost 64-66.

At halftime Iowa State led 39-35. Those 39 points scored was six better than the 33 points the team scored the entire game against Texas A&M when they came to Ames on Jan. 14.

What allowed the Cyclones to have that lead going into the locker room was white-hot shooting from behind the arc. Iowa State made seven threes shooting 77 percent.

Forward Chelsea Poppens led Iowa State with 22 points on nine of 15 shooting and also added nine rebounds.

Behind Poppens was Hallie Christofferson with 13 and six rebounds. Freshman Nikki Moody also had 12 points and six rebounds but struggled in the turnover column with eight.

Again leading the Aggies was Adaora Elonu with 19 points on only 12 shots from the field. Guard Tyra White also added 14 points and eight rebounds.

At the end of the game with the score tied 64-64, Nikki Moody was trapped in the lane and failed to get a shot off as the shot clock expired. This left seven seconds for the Aggies to try and win the game.

A&M guard Sydney Carter dribbled up the right side and was fouled by Chelsea Poppens attempting to take a charge. With two seconds on the clock, Carter sank both free throws along with the hearts of the Iowa State fans.

In a last-ditch effort, a full court pass was intercepted and gave Texas A&M the win 66-64.

SPORTS JARGON:

## Double Clutch

**SPORT:** Track & Cross Country

**DEFINITION:** A pattern of breathing runners use when training. Taking two breaths in for every breath you exhale.

**USE:** The ISU track runners use double clutch breathing as an exercise while running.

## Men's basketball



Photo: Grace Steenhagen/Iowa State Daily

Royce White passes to a teammate around a Kansas guard in the first half of the game. After overcoming his woes at the free throw line from earlier this season, White helped lead the Cyclones to a 72-64 victory over Kansas.

# White shoots down woes

By Dan Tracy  
@iowastatedaily.com

Considering the airball chants on the road at Texas on Tuesday night, a spot in SportsCenter's "Not Top 10" on Friday and a night filled with dreams of missing free throws just hours before taking the floor at Hilton Coliseum, Royce White had a lot on his mind going into Saturday's showdown with No. 5 Kansas.

After getting some extra free throws up in pregame warm ups with coach Fred Hoiberg — a 84.4 percent free throw shooter as a Cyclone — the sophomore forward converted on six of eight free throws in the second half to help Iowa State knock off the Jayhawks 72-64.

"It felt good," White said

after leading the Cyclones with 18 points and 15 rebounds. "It's like a type of relief and going up to the line it becomes like an island up there when you're on a bad streak, and it felt good. It felt good."

The Minneapolis native entered Saturday's game shooting a paltry 38.8 percent from the free throw line in conference play, making only 19 of 49 attempts.

His 6-11 night at the charity stripe on Saturday marked the first time since the Dec. 18 game against Central Michigan that he had attempted more than five free throws and made more than 50 percent.

"Royce has been shooting the heck out of the ball in practice," Hoiberg said. "He hit two huge ones down

the stretch, those were as big of free throws as we've had all year and he steps up and knocks down two when we needed them most."

After draining the first of those two free throws with 1:47 left in the game, White walked past the free throw line and squinted at the net, sending a message to his adversary in Thomas Robinson.

"That was for Thomas because he said I was going to miss them, and I made one. That was for him," White said.

White did not just send a message to Robinson, but he and the rest of the ISU bigs flustered the 6-foot-9 double-double machine on defense forcing him into five traveling violations. Seven-foot tall KU junior center Jeff Withey — who had 13 points,

11 rebounds and seven blocks in their first meeting this season — battled foul trouble throughout the game picking up two defensive fouls on White and went to the bench with his fourth overall at the 9:19 mark of the second half.

"I thought we did an above average job on [White] and not on their team in the first half and actually guarded their team better in the second half but did a bad job on him," said KU coach Bill Self. "He's good. He's a good player, and obviously Jeff and Thomas had their problems with him in the second half"

Hoiberg lauded his team's offensive effort down the stretch as the most poised it has been all season as they made it difficult for Kansas to pick which part of the ISU offense to guard more closely.

"Royce White is a tough guard for us, and it's tough to guard when they've got so many shooters and him penetrating like that," said KU senior guard Tyshawn Taylor. "We had to kind of pick our poison, and it felt like if we tried to trap him or whatever they made a shot, and if we laid off and stayed on the shooters then [White] got to the rack. They just played really good tonight."

White was happy with the win, but a little upset that he was herded away from the floor by security after Cyclone Alley poured onto the court in celebration.

"I kind of wanted to get in there and rush in there and party with them, but it was a good thing that they were excited, it was a good win for us," White said.

### >>MAGIC.p1

this program for as long as I have, to play [in] eight games ... they've just continued that tradition."

While the players and coach gave credit to the atmosphere in Hilton, the bigger credit was given to the maturation of the team when playing down the stretch in close games.

Forward Royce White led the team, ending the game with 18 points, nine rebounds and five assists. With a

56-53 lead and 4:33 remaining, White scored eight straight points — including two free throws — for the Cyclones and effectively sealed the win.

"I wanted to stay aggressive," White said. "My teammates kept believing in me, and we did what we needed to do."

Hoiberg, who has been frustrated at times this season with his teams' play in adverse situations and late in games, only had praise for his team following the win.

He said it's the best he's seen his team play all season.

"Our offense down the stretch — that was as poised as we've played," Hoiberg said. "In the past, we've gotten a bit sped up and rushed some things that caused turnovers or led to bad shots."

"We executed [today]."

Hoiberg said the win has the ability to do great things for the program, as the team picked up one of the so-called "signature wins" that ISU foot-

ball coach Paul Rhoads has become known for.

Even with that, the second-year coach said the win won't do anything if the Cyclones can't keep the momentum rolling.

"It's a huge win for our program," Hoiberg said. "But like I told our guys, you've got to expect to win your home games. This win doesn't mean anything if we don't go out and take care of business on Tuesday [against No. 24 Kansas State]."

## Track

# Racing for records

By Stephen Koenigsfeld  
@iowastatedaily.com

The 2012 Bill Bergan Invitational was filled with school records, NCAA records, personal bests and two qualifying times for the NCAA Indoor Championships.

Betsy Saina and Dani Stack both qualified for the indoor championships in the 3,000-meter run. Saina qualified with a time of 9:06.61 and Stack with a time of 9:08.00.

"I'm so excited," Saina said. "I don't do the 3K very much; I love doing the 5K, but it was exciting."

Saina's time is the fastest 3,000-meter time nationally all season.

Throughout the entire 10-lap race, Saina and Stack battled back-and-forth along with teammate Meaghan Nelson, who placed third in the event.

"I was just trying to stay relaxed and I really just wanted to make sure I was racing my race and racing the way I feel most comfortable," Stack said. "I wanted to get through the first mile and then start picking it up."

Once Saina was back in Stack's crosshairs, Stack was able to motivate herself.

"It got me really pumped," Stack said. "We train together every day so I know I can run with her. My focus was 'get up with Betsy now.' She really



Photo: Jordan Maurice/Iowa State Daily

Betsy Saina and Dani Stack sprint towards the line, leading in the Women's 3000 meter run. The two finished first and second, qualifying for the NCAA Indoor Championships.

pulled me a long and helped me run faster."

Saina ran her own race and was unaware of what was playing out behind her.

"I didn't even realize [she was closing in]," Saina said. "I was just so excited when I look back at it."

Saina said she wasn't worried that her teammate was making up ground, but was excited to see her teammate doing well.

Coach Corey Ihmels said he was pleased with everyone's performances this weekend.

"On Tuesday, I thought we had one of the best practices with the throws and the distance kids and the sprinters all at one time on the track,"

Ihmels said. "For those two to run faster than qualifying time, that's good. We've got things in the right spots there."

Stack said she hadn't thought much about the qualifying times.

"Going into the race I wasn't really concerned about the championship time," Stack said. "I knew I was fit and I didn't really know where exactly I wanted to run, but I'm really happy. I did exactly what coach told me to do and I feel really good about it."

The ISU men's and women's track teams will continue to compete for championship qualifying times at the New Balance Invitational in New York City this weekend.

## Wrestling

# Sorenson says final goodbye

By Jake Calhoun  
@iowastatedaily.com

As Iowa State's dual against Cornell came down to its last match on Sunday, Ted Nugent's "Stranglehold" belted from the sound system at Hilton Coliseum one last time.

Andrew Sorenson ran out onto the mat teary eyed with the realization that this was it.

"I've been dreaming of this day for a long time and it's something I didn't want to let go," Sorenson said.

Sorenson, ranked fourth in the nation at 165 pounds, has been the team captain throughout the season for the Cyclones (2-12, 0-6 Big 12) and has led the team through its ups and downs.

"He's meant a great deal to the program," said ISU coach Kevin Jackson. "He's improved

every single year that he's been at Iowa State and he continues to advance and dominate opponents."

Two periods into his match, Sorenson led unranked Peppelman 6-1 with only two minutes remaining in the spotlight at Hilton.

Those two minutes had passed and Sorenson had built his way into a 21-6 technical fall by the end of regulation, notching six takedowns — four in the final minute — to win in emotional fashion.

For Sorenson, the moment could not have been any sweeter.

"I had a ton of people here to support me," Sorenson said. "They brought buses down and people I haven't seen in years showed up just for this dual."


"I just wanted to give them something to remember me."



**Read more:**  
To find the full story about the weekend meet, visit [iowastatedaily.com](#)



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STOCK:

Ames-based biodiesel goes public

Ames-based Renewable Energy Group Biodiesel, the largest biodeisel producer in the United States, made their initial public offering on Thursday. Shares rose 1 percent, from \$10 to \$10.10, over the course of the day.

REG Biodiesel raised \$7.2 million through the IPO.

The company began in 2006 with a production plant in Ralston, Iowa, and has grown through acquisitions to have an annual production capacity of 212 million gallons.

Renewable Energy was the first IPO to come out of the United States in 2012.

Facebook is among other companies expected to release an IPO this year.

Daily Staff

TECH:

Multitasking can hinder social skills

Tween girls who spend much of their waking hours switching frantically between YouTube, Facebook, television and text messaging are more likely to develop social problems, says a Stanford University study published in a scientific journal on Wednesday.

Young girls who spend the most time multitasking between various digital devices, communicating online or watching video are the least likely to develop normal social tendencies, according to the survey of 3,461 American girls aged 8 to 12 who volunteered responses.

The study only included girls who responded to a survey in Discovery Girls magazine, but results should apply to boys, too, said Clifford Nass, a Stanford professor of communications who worked on the study.

"No one had ever looked at this, which really shocked us," Nass said. "Kids have to learn about emotion, and the way they do that, really, is by paying attention to other people. They have to really look them in the eye."

The antidote for this hyper-digital phenomenon is for children to spend plenty of time interacting face-to-face with people, the study found. Tweens in the study who regularly talked in person with friends and family were less likely to display social problems, according to the findings in the publication Developmental Psychology.

"If you eschew face-to-face communication, you don't learn critical things that you have to learn," Nass said. "You have to learn social skills. You have to learn about emotion."

CNN wire staff

WEEKLY STAT:



According to Accounting Principals' latest Workonomix Survey, the average American worker sips away nearly \$1,100 annually on coffee.

Weddings

Local *elegance*

Bridal shop offers comfortable shopping, 'realistic pricing'

By Sarah.Binder @iowastatedaily.com

Pure Bridal is hoping to provide fantasy gowns with a decidedly local flair.

"I love when you can find the perfect dress for somebody," said co-owner Kayse Carter, "you can tell instantly by their face."

Carter and co-owner Rita Gartin are both Iowa State grads. They said there is a high need for a bridal store in Story county.

In addition to designer gowns, the store offers jewelry from Swallowtail Jewellery, a mother-daughter team based out of Nevada, Iowa, headpieces from alumna Dani Ausen, and local photography decking the walls.

Gartin said it was important to them to offer "realistic Iowa pricing" and a comfortable shopping experience.

Their selection includes several one of a kind dresses at reduced prices, as well as collections from designers such as Casablanca Bridal and KittyChen Couture.

Since Carter has a degree in apparel merchandising and design and Gartin has a degree in interior design, they said they both have a very critical eye for details of design.

The former office building underwent a major overhaul. Now it is painted a sky blue, and decorated with huge mirrors and the owners personal effects, such as old cameras and old letterpress printing blocks.

"We wanted the store to have an antique, yet still modern feel," Gartin said.

They offer three family style rooms to give privacy to brides, but also have enough seating for large parties. Unlike many bridal boutiques, they allow brides to take photos of themselves in the dresses they try on so they can think about them more later.

In addition to wedding gowns, the store carries bridesmaid's dresses and tuxedos, little black dresses, accessories and undergarments.

Pure Bridal

306 South 16th St.  
515-663-2222  
purebridaliowa.com  
Grand Opening Feb. 18  
Gowns range from \$300 to \$1,800, in sizes 4-30



Photo: David Derong/Iowa State Daily

Food

# Frozen yogurt stays 'young, fresh'

By Sarah.Binder @iowastatedaily.com



Ames has a new place to get a frozen yogurt fix.

Aspen Leaf, a self-serve frozen yogurt shop,

opened at 414 S. Duff Ave. on Tuesday afternoon.

The Ames location is the 11th Aspen Leaf store to be opened by its parent company, Rocky Mountain Chocolate Factory. District Manager Steve Perowski said the parent company is part of what sets Aspen Leaf apart its competitors.

"Being a part of the Rocky Mountain Candy Company is awesome," he said. "They've been around for 30 years; they are a worldwide leader in chocolate."

Aspen Leaf will have nine exclusive chocolate toppings from Rocky Mountain, as well as about 60 other topping options.

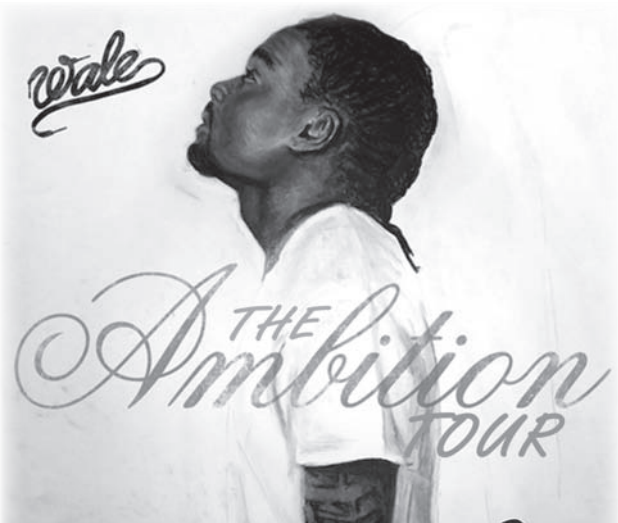
Perowski said they also offer many flavors of yogurt that are organic or gluten-free. They will have a rotating lineup of flavors.

The interior of Aspen Leaf will feature a fireplace, local art and Wi-Fi. Right down to the word "leaf" in the name, Aspen Leaf has several similarities with Orange Leaf, the self-serve frozen yogurt store that opened on Grand Avenue over the summer. Representatives from Orange Leaf declined to comment on the opening of the new store.

Perowski said he was not concerned about having two similar stores in Ames, since the concept is "young and fresh."

## By the numbers

- Aspen Leaf:
- 45 cents per ounce
  - 16 flavors available at a time
  - Around 70 toppings available at a time
  - 11 stores nationally (more coming soon)
- Orange Leaf:
- 45 cents per ounce
  - 16 flavors available at a time
  - Around 40 toppings available at a time
  - 127 stores nationally (more coming soon)



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# Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17				18				19				
		20		21				22				
23	24					25				26		
27				28		29		30		31		
32			33		34	35	36		37	38	39	40
41				42				43				
44						45				46		
				47		48		49		50		51
52	53	54		55		56	57		58		59	
60			61					62				
63						64				65	66	67
68						69				70		
71						72				73		

- 12 Eliot's "\_\_\_ Marner"  
13 Obeyes  
21 Used to be  
22 Upper-left PC key  
23 Tippler, for short  
24 Helps with a heist  
29 Actor Bert (see 70-Across)  
31 Carvey or Delany  
33 Explorer Ericson  
35 Moo \_\_\_ gai pan  
36 The "O" in SRO  
38 "Time to move on"  
39 Money-saving, in product names  
40 Downhill racer  
42 Abstain from alcohol  
43 Canines metaphorically exchanged for something desired  
48 Prohibit  
50 Goof  
52 Nom de \_\_\_; pen name  
53 Solitary man  
54 Hollywood award  
56 Grecian urn poet  
57 Cosmetics giant Lauder  
59 Lesser of two \_\_\_  
61 French franc successor  
62 Deli counter call  
66 One of the Stooges  
67 Picnic undesirable

Across

- 1 Fashionable  
5 \_\_\_ Blanc, the Alps' highest peak  
9 Wintry mess  
14 Prolonged unconsciousness  
15 Confess openly  
16 Like horror film music  
17 Practice boxing  
18 Luke Skywalker, e.g.  
19 Postal service symbol  
20 DUCK  
23 The NFL's Cowboys  
25 Energy  
26 Snake's warning  
27 "Can \_\_\_ honest with you?"  
28 2011 World Series champs, on scoreboards  
30 Rogue  
32 Ring loudly

- 34 "Othello" villain  
37 Fits of anger  
41 CRANE  
44 Actor Davis  
45 \_\_\_ poly  
46 Yours, to Yves  
47 Presidents' Day mo.  
49 "\_\_\_-haw!"  
51 Any nonzero number divided by itself  
52 Arafat's org. until 2004  
55 Remove, with "off"  
58 "Key Largo"  
59 Down winner Claire  
60 QUAIL  
63 Not shortened, as a film  
64 Suit to \_\_\_  
65 "Joy of Cooking" writer Rombauer  
68 Stilller's comedy partner

- 69 iPhone message  
70 Cowardly film beast played by 29-Down  
71 Swashbuckler Flynn  
72 Brother of Cain and Abel  
73 "Ignore that editing change"

Down

- 1 IV amounts  
2 "\_\_\_ on Pop": Dr. Seuss  
3 "Lay it on me!"  
4 Christmas song  
5 Like the Grand Canyon  
6 Higher than  
7 All-nighter pill  
8 Bale binder  
9 Reel from a blow to the head  
10 Wife of Jacob  
11 Involuntary impulses



# Word of the Day:

**persnickety** \persnickety\ , adjective;  
1. Overparticular; fussy.  
2. Snobbish or having the aloof attitude of a snob.  
3. Requiring painstaking care.

Example:  
The point here is to make your animal understand that its upstairs neighbour is exceptionally persnickety about territory.

# Random Facts:

Swearing to tell "the truth, the whole truth, and nothing but the truth" dates back to English Common Law. Interestingly enough, there were no penalties for perjury until the 1600s; prior to that time, it was believed that the fear of God's wrath was enough to keep witnesses honest.

Those doves released at weddings and other formal ceremonies are actually white homing pigeons. True ring-neck doves are bred to be kept as pets and rarely survive out of captivity.

Not bothered by poison ivy? You're part of the lucky portion of the population (about half) that doesn't develop an itchy rash from exposure to the plant.

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

**Solution to Friday's Sudoku**


4	1	6	2	7	3	8	9	5
7	2	8	4	5	9	1	6	3
3	5	9	6	8	1	7	4	2
8	7	4	1	2	6	3	5	9
9	3	5	7	4	8	6	2	1
1	6	2	9	3	5	4	8	7
5	9	1	8	6	7	2	3	4
2	8	3	5	1	4	9	7	6
6	4	7	3	9	2	5	1	8

1/30/12

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Daily Horoscope : by Nancy Black

## Gemini: cook something.

**Today's Birthday (01/30/12).** You and a partner have more than you realize. Home is where your heart is, and your focus this year will be to grow and expand the networks that keep those home fires thriving. Talk about what you love.

**To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.**

**Aries (March 21-April 19)** -- Today is an 8 -- Money comes in. It could be easy to spend it all on food, comfort or other sensual treats. Have some of that. Pay down a debt, and save some, too. Have it all.

**Taurus (April 20-May 20)** -- Today is a 6 -- Hermit-crabbing sounds appealing. Taking care of business close to home recharges your social batteries. Get in the spotlight later.

**Gemini (May 21-June 21)** -- Today is an 8 -- It's getting easier to step forward. It seems so comfortable to hide out, but there are costs. Your creativity wants to escape. Cook something up.

**Cancer (June 22-July 22)** -- Today is a 7 -- The conversation is rich: The revelation you'd been looking for gets discovered by the group. You begin to understand. Defer gratification.

**Leo (July 23-Aug. 22)** -- Today is an 8 -- Tap into abundance without spending more. Get the word out, and it goes farther than expected. Remember, love's the most important part. Be patient with someone.

**Virgo (Aug. 23-Sept. 22)** -- Today is an 8 -- Plan a fabulous adventure. A new assignment baffles. Slow down and puzzle it out. Organize for efficiency. There's fun ahead. Make a change for the better.

**Libra (Sept. 23-Oct. 22)** -- Today is an 8 -- Home vies with career for your attention. Consider your options carefully, including an unreasonable request. Don't worry about status. Set priorities.

**Scorpio (Oct. 23-Nov. 21)** -- Today is a 9 -- You're on top of your business game. Create new partnerships and complete negotiations. You have many reasons to be happy. Your friends are there for you.

**Sagittarius (Nov. 22-Dec. 21)** -- Today is a 9 -- Entering a very busy two-day phase. Focus on the difference you can make. Expect changes in your career, and glitches in communication. Relax.

**Capricorn (Dec. 22-Jan. 19)** -- Today is a 7 -- You'd rather play for the next few days. Balance finances and romance. With some creativity, you can make it all work. Hold that carrot out on a stick.

**Aquarius (Jan. 20-Feb. 18)** -- Today is a 7 -- Build abundance with a foundation of love. Avoid going out on spending sprees. Things go smoother at home. Keep your promises, and be respectful.

**Pisces (Feb. 19-March 20)** -- Today is a 7 -- You're even smarter than usual for the next few days. You can find the solution to that old problem. The assignment changes. Stand up for what's right.

## Trivia

This law states that energy change is independent of pathway, allowing enthalpy changes to be added up to find the net enthalpy change.

ANSWER: Hess Law

This device, which can be as simple as two stacked styrofoam cups, measures the enthalpy change of the reaction occurring inside it.

ANSWER: calorimeter

This curve of questionable validity purports to show that increasing income taxes beyond a certain point actually lowers tax revenue.

ANSWER: Laffer curve

These two "large" and "small" irregular galaxies are named for a 16th-century navigator. Visible in the southern hemisphere, they form part of the Milky Way subgroup.

ANSWER: (Large and Small) Magellanic Clouds

## what? just sayin

Is it motorcycling season yet?

...

To the lady trying to parallel park on Ash Ave Tuesday afternoon, that was the best 10 minutes of my day.

...

To the girl with the sexy smile from business class.. I love you.. Just Sayin

...

Its not a hangover, its wine flu. Just sayin'

...

Welcome to Hilton. Fear the Magic. Just Saying.

...

Dear SUV neighbor, the walls are far from sound proof. I can hear every detail of your phone calls, which wouldn't bother me except you're a very dull individual.

...

All of my best memories have happened in Cyclone Alley. Just sayin'.

...

Long distance relationship sucks. Just sayin'

...

To the girl who fell off CyRide....DRAMA QUEEN!!!

...

**To see your just sayin' here, submit it to [www.iowastatedaily.com/games/justsayin](http://www.iowastatedaily.com/games/justsayin)**

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Politics

# Ambassadors redefine goals

By Matt Wettengel  
@iowastatedaily.com

Although they say that their views on many issues differ, the ISU Ambassadors agree on one thing: Education should be a bipartisan issue.

The Ambassadors spent the better part of the fall semester creating a piece of legislation that deals with various aspects of post-secondary education in the state of Iowa. Students from all sides of the political spectrum are involved with Ambassadors, which is a division of the Government of the Student Body tasked with serving as the connection between the ISU student body and the Iowa Legislature.

“We worked the entire first semester on trying to come to an agreement within the group on a bill,” said Ahna Kruzic, director of ISU Ambassadors. “There was a lot of debate amongst the group ... everyone had ideas.”

In the past the group has focused on state funding to the regent universities, but this year it decided to take on new issues. The group began by listing their ideas on a whiteboard and voting on each one, trying to find the topics its members were most concerned about and felt should be addressed.

“We decided to stay away from ... actual funding,” Kruzic said. “We didn’t want to ask for money for the regents universities since that’s something that the Board of Regents is already doing. They have lobbyists down there, and as students we’re already talking with our legislators about that, so we decided to specifically address other issues instead of just asking for money for the university.”

The bill that the group created ad-

dresses four main points: the expansion of student loan forgiveness programs in the state; the requirement of a financial responsibility course for freshmen; the requirement of regent universities to report 5-year graduation rates; and the ability to ask for 5 percent of donations to the school to go to a scholarship fund. Ambassadors submitted their bill to local legislators Rep. Beth Wessel-Kroeschell and Rep. Lisa Heddens, who have tentatively agreed to cosponsor it and who submitted it to the Legislative Services Agency to be put in legal form.

“I think the general premise is very good of what they’re doing,” Heddens said. “I’m thinking that some areas are going to bring more discussion over various other areas. We’ll see how far it gets this year, and if it doesn’t get through this year, we’ll have to review it with the Ambassadors and work on it until we get to the resolution that we want.”

Weekly trips to the Iowa Capitol have become routine for the Ambassadors this semester. Heddens praised their increased participation, which has allowed them to develop working relationships with state legislators.

Ann McCarthy, state relations officer for Iowa State, has worked with the group throughout the process of their legislative drafting and applauds their bipartisan efforts and the process they’ve gone through this year.

“They’re reaching out to Republicans and Democrats and beyond the ISU delegation,” she said. “They’re getting to know legislators and building rapport with legislators, which will only help their cause and Iowa State in general.”

These more frequent visits have also allowed them to receive feedback on the

legislation they’ve submitted.

“We really thought that one party would think one thing and one party would think another, and we’d be getting feedback that was pretty identical from all Republicans and all Democrats, which has not been the case at all.”

Legislators from both parties are concerned about the micromanaging of the state’s regents organizations. Despite this concern, the ideas behind the group’s bill and the fact they’re being presented directly to legislators is the most valuable part of the process in GSB president Dakota Hoben’s eyes.

“Part of writing the bill is to put forth a vision from the students,” Hoben said. “A lot of legislators are removed from higher education, and we’re really trying to put forth some of the issues that students are dealing with in this day and age. I think that comes through pretty well in the bill.”

This Wednesday the Ambassadors will present their bill to the GSB at their weekly meeting and ask for the organization’s backing of the legislation that they’ve submitted. Hoben hopes that the GSB will back the legislation, as it was created with students’ best interests in mind.

“We don’t want to make this a divisive issue, we think this is an issue that we can unify people on, and so that’s what we want to focus on,” Hoben said.

Once the bill is drafted by the Legislative Services Agency, it will be returned to the cosponsoring representatives — Wessel-Kroeschell and Heddens — who will be able to make final changes to it before Feb. 24, which is the final day that bills can be reported out of committees by both the Senate and the House.



Photo: Emily Harmon/Iowa State Daily

Hope for the Horn of Africa featured a skit, “Saneipei’s Journey”, commenting on international students time of adjustment after studying abroad and returning home.

>>UNICEF.p1

donating \$5 at the door in support of the Horn of Africa.

“It feels awesome that people are willing to contribute, that they are willing to participate,” Shah said, who said she is hoping the event will also encourage more students to become members of UNICEF @ ISU, a humanitarian program that advocates, fundraises and educates on world issues.

Shah also said she hopes for more collaboration with other organizations at Iowa State in the future to make the event and awareness more widespread. She worked with Massah Massaquoi, senior in psychology and public relations for the ASA, and Scott Byrd, senior in history and philosophy, Humanitarian and Awareness director of ISC and president of UNICEF @ ISU, to create this year’s program.

“We thought a music and arts festival was a great way to get people here and having fun,” Byrd said. “Every year we’re going to do this for whichever are of the world that needs it.”

Khalid Taha, sophomore in industrial technology, attended the program with friends. When asked how he felt about the event he said, “Awesome.’ Just put that in big, bold letters.” Taha also said that he hopes to attend the event again in the future.

The festival raised over \$1,600 dollars. This amount was possible thanks to the George Harrison Fund, which matched each dollar donated.

Byrd and Shah were excited about the turnout and money raised, but both still hoped that education was the key factor of the night.

“More than money, it’s about awareness,” Byrd said. All money raised will be given to Somalia Aid via UNICEF @ ISU.

>>AGRICULTURE.p1

the importance of agriculture.

“Considering the whole basis of our education is to provide food for the world, our degrees are on the contrary, useful,” Bettencourt said.

Wendy Wintersteen, Iowa State’s dean of Agriculture and Life Sciences, along with the deans of agriculture from Purdue University, the University of Illinois and Ohio State University, responded to Loose’s article.

“The Yahoo Education article equated ‘agriculture’ with ‘farm management,’” the deans’ article said. “Farm management is an important field of study, but defining agriculture only as farm management is much too narrow.”

David Acker, associate dean of Agriculture

and Life Sciences was able to elaborate.

“The person who wrote the article probably had a narrow definition of agriculture, which I think is a common misunderstanding by people outside of the field,” Acker said. “Those of us inside the industry know that ‘agriculture’ is quite a broad term.”

Iowa State has 25 different majors within the College of Agriculture.

Kylie Miller, freshman in agricultural education, pointed out how versatile a degree in agriculture can really be.

“Ag degrees can vary; you can work in an office, work outside or work to come up with better genetics,” Miller said. “The degree can really be endless. You just have to look for what best fits you and your understanding of agriculture.”

In the 2010-2011 school year, Iowa State had 3,477 undergraduates and 703 graduate students enrolled in the College of Agriculture and Life Sciences, according to the Fact Book put out by the Office of Institutional Research.

Enrollment in the college has seen growth every year since the 2005-2006 school year.

Iowa State has a 98 percent placement rate among graduates within the college. According to the Employment Opportunities for College Graduates in Food, Renewable Energy and the Environment, between 2010 and 2015, a projected 53,500 graduates will be entering a work force with 54,400 jobs available.

“With an increasing demand for high-quality and nutritious foods, advances in agriculture science and technology, a growing population

and therefore a need to produce more with less, there is in fact a wide variety of rewarding, well-paying career opportunities in agriculture,” Bettencourt said.

Agriculture sciences made CNN.com’s list of top paying jobs with the average annual salary offered to 2011 graduates being \$52,934.

“Agriculture is not a dead, shrinking industry,” said Darrin Rahn, senior in agricultural business. “It’s a very exciting time for agriculture and life sciences because there’s so many changes going on.”

The College of Agriculture and Life Sciences will hold its career fair Wednesday in the Memorial Union. The career fair is the one of the largest agriculture career fairs in the nation, with over 100 companies being represented.

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## Spring career fair



File photo: Huiling Wu/Iowa State Daily

Career fairs provide students with opportunities, such as internships and full-time jobs at various companies, as well as other chances to network.

# Fresh chances, new jobs abound

**By Katherine.Klingseis**  
@iowastatedaily.com

The College of Agriculture and Life Sciences will hold its largest spring career fair this year. Mike Gaul, director of the CALS Career Services, said 105 companies and organizations have signed up to attend the career fair this spring.

“It’s probably up 20 from the previous record,” Gaul said. “Last year, there was bad weather, which caused a few companies from not showing up.”

This year, the weather appears to be better,

which will help with turnout for both companies and students, Gaul said.

Gaul said 15 new companies have signed up to attend the career fair this spring. He explained that most of those companies are natural resources-related.

Although this year’s spring career fair is up from previous years, the spring career fair is smaller than the fall career fair. Gaul said the trend in recruitment is changing to companies hiring most interns and employees in the fall.

“Most companies are done hiring by Christmas,” Gaul said.

However, Gaul has noticed that many com-

panies are beginning to hire for summer 2013.

“There are some companies planting the seed for summer 2013,” Gaul said. “But, it’s a very small trend.”

In addition to fewer companies and organizations going to spring career fairs, fewer students also attend the spring career fairs too.

Gaul said about 1,600 students attended the fall 2011 career fair, and he estimated that 600 students will be attending the spring 2012 career fair.

“What I would hope is that there are less students at the career fair because most students have already been placed,” Gaul said.

Spring career fair also serves as a way for students to get more experience with networking, Gaul said.

Mallory Schooley, junior in public service and administration in agriculture, said she believes in the benefits of networking.

“When you go to a career fair, companies can meet you and put a face to your resume,” Schooley said.

Schooley said she believes she was able to secure an internship at Hartung Brothers, Inc., because the company was able to put her face to

SCHOOLEY.p13 >>

## Internship

# Do your homework to score an interview

**By Jamie.Lauten**  
@iowastatedaily.com

The words “job” and “internship” have started to creep back into the minds of many ISU students, with the College of Agriculture and Life Sciences’ career fair just days away. As students prepare their resumes and practice their best pitches, they might want to keep a few things in mind.

Simply put, a successful interview should comprise three parts, said Mike Gaul, director of the CALS Career Services.

First, do your homework — research and learn as much as possible about the company before you talk to them.

“Generally the number one complaint that companies have when they come to campus is that when students interview with them they don’t know that much about them,” Gaul said.

Gaul said the College of Agriculture and Life Sciences Career Services website is a great tool that students have at their disposal. Not only does it display a complete list of every company that will be attending the career fair this Wednesday, but

it also provides direct links to each company’s website.

Next, students need to remember to sell themselves, Gaul said. It is important to show the interviewer that you have the skills it takes to be a part of their corporation.

There are hundreds of different clubs and organizations that are offered at Iowa State that can help students grow and gain experience in their career field, Gaul said.

Gaul advocated that students should strive to be well-rounded and give employers “something uniquely positive to remember you by.”

Last, don’t forget the physical. Megan Stein, freshman in agricultural studies, gained a competitive edge in her interview by using good eye contact as well as starting and ending each interview with a nice firm handshake.

Stein used these skills to gain an internship for the seed sales company AgriGold this summer.

“Think of every interview as a privilege and, if nothing else, an opportunity to network,” Stein said.

The real world awaits. Companies across the country are just waiting for their next great job candidate — and that person could be you.



PFile photo: Emily Harmon/Iowa State Daily

Victoria Heldt, senior in accounting, and Rachael Mast, senior in management, prepare for job interviews on Sept. 29, 2011, at the Memorial Union.



Economy

# Agriculture establishes ‘big business’ management

By Joy.Wessels  
@iowastatedaily.com

Students come to college in search of a degree that will land them the perfect job. But due to hard economic times, students must also be prepared to have a “back-up plan” for a job market that is continually shrinking.

This scenario is no different for students in the agricultural field.

The farming industry is becoming more and more difficult to break into, especially for those who do not already have family working in it. With record-high land prices and a high cost of overall production, fewer graduates are going directly into farming.

Andy Edson, senior in agricultural business, is going back to his family farm after he graduates but realizes how difficult it is for students to get into farming.

“A lot of money goes into starting up your own farm,” Edson said. “Most students initially go work in the industry for a few years to build capital.”

Industry jobs for agricultural business majors like sales for co-ops or ethanol plants are just a few options for students with an agriculture degree.



Photo courtesy of Thinkstock

The farming industry is becoming more and more difficult to break into, especially for those who do not already have family working in it. Increasingly complex technologies makes a college education more valuable, while at the same time decreasing the number of farmers we need.

Based on surveys of graduating seniors in agricultural business, 24 percent go into sales. 22 percent go into agribusiness management and only 16 percent farm.

Another reason fewer students go directly into farming is because of the development of new technology. Mike Duffy, professor of economics, said over the years agriculture has

created technologies that substitute capital for labor.

“Because of this, one person farms more land than before, and we need fewer farmers,” Duffy said. “But, even though we might not need as many farmers, there are more opportunities opening up in supporting agricultural-related business.”

Farming is more complex than some may think. It requires several different skills, which can sometimes be handled all by the farmer, but other times expertise has to be hired. That is why Ron Deiter, professor of economics, recommends those interested in farming acquire different business skills.

“Farming today is big business,” Deiter said. “We believe that knowing a lot about eco-

nomics, finance, marketing and entrepreneurship is going to be critical in operating and managing a successful farm business in the years ahead.”

But, because it can be hard to start up a farming business completely from scratch, the Iowa legislature created a program in 1994 called Beginning Farmer Center.

The program aims to pair young, prospective farmers with established farmers who want to transition their business to the next generation. Duffy is the director of Beginning Farmer Center at Iowa State.

“There are many different ways for people to start farming,” Duffy said. “There isn’t an exact prescription, but it’s important to know your goals and what resources you have.”

## Student organizations

- Ag Systems Technology Club
- Agricultural Business Club
- Agronomy Club
- Block and Bridle
- Dairy Science Club
- Farm Operation Club
- Food Science Club
- International Agriculture Club
- ISU Landscape Club
- ISU Cyclone Power Pullers
- ISU Horticulture Club
- ISU Turf Club
- Meat Science Club
- Society of American Foresters
- Student Organic Farm
- Sustainable Agriculture Student Association

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The Great Hall, South Ballroom, Memorial Union
- **Info Session: Monday, Feb. 27 at 6:00 pm**  
Study Abroad Center, Conference Room 3228
- **Info Session: Tuesday, April 10 at 6.00 pm**  
Study Abroad Center, Conference Room 3228

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Companies and Organizations

# 105 companies signed up to attend spring fair

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Ag Partners, LLC  
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Ag Spectrum  
AgReliant Genetics  
All American Turf Beauty  
Allendan Seed Company  
Alltech  
ALMACO  
Archer Daniels Midland (ADM)  
Bader Rutter & Associates  
Barilla America Inc.  
Bartlett and Company  
Beef Products, Inc.  
Blank Park Zoo  
Brenneman Pork Inc.  
Bunge North America  
Cargill, Inc.  
Central Farmers Coop  
CGB Enterprises, Inc.  
Christensen Farms  
CNH America, LLC  
ConAgra Foods  
Crop Pro-Tech Inc.  
Crop Production Services  
Crop Quest  
Crop Tech Services, Inc.  
Daybreak Foods, Inc.  
Dow AgroSciences LLC  
ECI  
Elanco Animal Health  
Farm Credit Administration  
Farm Credit Services of America  
Farm Service Cooperative  
Farmers Cooperative Company  
Gavilon  
Genex Cooperative, Inc.  
Gold'n Plump Poultry  
GROWMARK, Inc.  
Hawkeye Sow Centers  
Heartland Co-op  
Hog Slat, Inc.  
Hormel Foods Corp.  
Hy-Capacity, Inc.  
Indiana Packers  
Iowa Army National Guard  
Iowa Department of Natural Resources  
Iowa Pork Producers Association  
Iowa Select Farms  
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JBS Five Rivers Cattle Feeding LLC  
Kuhn North America, Inc.  
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Land O'Lakes Inc.  
Lansing Trade Group  
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MaxYield Cooperative  
Mid Kansas Cooperative Association  
Monsanto  
Murphy-Brown, LLC  
National Pork Producers Council  
Nationwide Insurance  
Nature Conservancy in Iowa, The  
Neal Smith National Wildlife Refuge  
NEW Cooperative, Inc.  
Northwest Greenhouse & Floral Inc.  
Northwestern Mutual Financial Network - Ames Group  
Northwestern Mutual Financial Network - The Zach Group  
Nutra-Flo  
Omaha's Henry Doorly Zoo  
Peace Corps  
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Pinnacle Foods LLC  
Pioneer Hi-Bred International  
Pipestone System  
Polk County Farm Bureau, Agriculture in the Classroom  
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Premium Standard Farms  
Rainbow Treecare  
Remington Seeds LLC  
Roof Top Sedums, LLC  
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Servi-Tech Inc.  
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United Bank of Iowa  
USDA-Food Safety and Inspection Service  
Valero Energy Corporation  
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Wells Enterprises, Inc.

>>SCHOOLEY.p11

her resume.  
“That really made a difference,” Schooley said.  
Schooley began at Iowa State last spring and attended the spring career fair after talking to Gaul. She recommended that students go to career fairs in order to meet companies and practice networking.  
“You should just give it a try — the worst thing that could happen is that you won’t get a job or internship and you’ll be back at the start,” Schooley said.  
Gaul explained that freshmen may be intimidated during the fall career fair. The spring fair offers freshmen and other students who did not secure a position in the fall another opportunity to practice their networking abilities.  
“Spring career fair is like a second-chance dance,” Gaul said.  
To get the most out of career fairs, students should research companies before they go to the fairs, Gaul said. He advised students to be confident when talking to companies.  
“The more research you do, the better you’ll do,” Gaul said. “You should walk up confidently and give them a 60-second infomercial about yourself.”  
Career fairs also give students a chance to learn more about what they want to do and what they don’t want to do for a living, Gaul said.  
Schooley said career fairs show students what kind of job opportunities are out there for them.  
“I love seeing new companies,” Schooley said. “It gives me an idea of what’s out there.”  
Gaul said career fairs are important to students because they give students the opportunity to talk with companies that could offer them jobs or internships.  
“All of these companies come to campus to hire you. What more can you ask for?” Gaul said. “In the real world, there are fewer resources out there. I would recommend taking advantage of the resources now in college.”

Career Fair is coming!

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Nutrition



Hy-Vee’s numeric NuVal labeling system makes it easier for shoppers to compare and contrast the nutritional value of what they are shopping for. The higher the number listed on the shelving tag, the more nutritious the item is.

Photo: David Derong/Iowa State Daily

# Learn to read product labels to help cut calories

By Katherine.Klingseis  
@iowastatedaily.com

Nutrition labels do not have to be as hard to understand as a neuroscience textbook. In fact, once one knows what to look for, nutrition labels can be crucial in helping one choose healthy options when grocery shopping.

“I wish I was more knowledgeable about products,” said Jake Rysted, junior in psychology. “When I look at [nutrition labels], they’re all just numbers to me.”

When looking at a nutrition label, one should first note the serving size, said Ruth Litchfield, ISU professor of food science and human nutrition.

“If there are 2.5 servings in a 20-ounce bottle of pop, you need to multiply all of those values by 2.5,” Litchfield said. “How many people drink just one serving of a bottle of pop?”

Litchfield also recommended that

people look at how much sugar is in what they are about to consume. She said people should keep in mind that four grams of sugar is one teaspoon.

“The recommendation is six to nine teaspoons of sugar per day,” Litchfield said. “A lot of people are consuming 20 to 22 teaspoons of added sugar a day. This added sugar is mostly through processing.”

People often become overweight or obese not by eating too much fat or protein but from eating too much sugar, Litchfield said.

“Sugar is a source of calories, especially added sugar,” Litchfield said. “Calories is the name of the game for obesity.”

Litchfield warned shoppers should be aware of food items deemed “healthy” but are actually loaded with sugar and calories.

“There’s one bottle of green tea that if you drink it, you are consuming the same amount of sugar as four pieces of Sara Lee cherry pie,” she

“Sugar is a source of calories, especially added sugar. Calories is the name of the game for obesity.”  
Ruth Litchfield

said.

For people who want to satisfy their sugar craving, they should eat some hard candy, Litchfield said. She explained that hard candy is better than chocolate because chocolate has calories from both the sugar and from the milk.

“If someone wants chocolate, they should eat something with chocolate coating — not a solid chocolate bar,” Litchfield said.

While sugar is a major contributor to calories in food, the amount of fat in a product should also not be ignored, Litchfield said.

There are three different types of fat: saturated, unsaturated and trans.

According to WebMD, unsaturated fat is liquid at room temperature and comes mostly from plant oils. This kind of fat has been shown to possibly improve cholesterol levels.

Saturated fat is solid at room temperature and is mostly in animal products such as milk, cheese and meat. Saturated fat can increase cholesterol, according to WebMD.

Trans fat is produced through a process called hydrogenation, which causes the fat to be harder at room temperature and have a longer shelf life. The website said that trans fat is often in processed food, snack foods, cookies, some margarines and dressings, and food made with shortening or partially hydrogenated oils.

“It was found through research that the trans fat produced is just as undesirable or even more undesirable than saturated fat,” Litchfield said. “Now you’ll notice a lot of products saying that they don’t have any trans fat.”

Litchfield advised that people also be aware of what they drink during the day. She explained that there are many drinks on the market that are “calorie-laden.”

While water is the ideal choice of drink, if a person wants something with more flavor, they should look for drinks that use a sugar substitute, Litchfield said.

“I know some people have concern about using sugar substitute,” Litchfield said. “But if you use [sugar substitutes] in moderation, they are just fine.”

For a quick and healthy meal, Litchfield advised that people choose pasta. She also recommended that people mix veggies with some leftover meat and serve that over rice to make a stir fry dish.

“Those are just some quick and easy things to make,” she said. “And you’re not going to get into high levels of sodium like you would if you ate microwave meals.”

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>>>**BUDGET.p14**

vegetables do not have to be fresh to be healthy, Litchfield said. She advised that people shop around to see what fits within their budget.

“If the price is right, then buy fresh. But, the second choice is frozen,” she said. “Buying canned vegetables can be very economical. Just make sure it doesn’t have too much sodium and at least drain the liquid.”

More than half of Americans consume too much sodium, Litchfield said. According to the Centers for Disease Control and Prevention, the recommended adequate daily intake level of sodium for an adult is 1,500 mg. However, the average person age 2 and up consumes 3,436 mg of sodium per day, the CDC reported.

The CDC warned that too much sodium raises blood pressure, which increases a person’s risk for heart disease and stroke, the nation’s first and third leading causes of death.

Litchfield said items that shoppers can buy at room temperature and eat right away are usually high in sodium. These nonperishable items are usually in the inner aisles of grocery stores.

“Don’t fill your cart with everything from inner aisles,” Litchfield said.

Shoppers should also choose whole grains over refined grains, Litchfield said.

According to Mayo Clinic’s website, whole grains are unrefined grains that have not had their bran and germ removed, meaning they are a better source for fiber and many other nutrients. Whole grains include brown rice, popcorn and whole-grain bread.

Refined grains have had their bran and germ stripped out and given a finer texture that extends their shelf life while removing many essential nutrients, the Mayo Clinic stated on its website. Refined grains include white rice, white bread and many types of cereal, crackers, pastries and desserts.

“Instead of white rice, use brown rice. Instead of traditional pasta, use whole wheat,” Litchfield said.

The U.S. Department of Agriculture recently updated its seafood recommendation from 3.5 ounces of seafood per week to 8 ounces of seafood per week. This increase came after research showing that omega-3 fatty acids in seafood can help with heart health and aging issues.

“People need to start thinking of creative ways to fit fish and seafood in their diets on a regular basis,” Litchfield said.



Buying canned vegetables can be the economical choice for shoppers who do not want to worry about spoilage. Organic soups are great for their low sodium content.

Photo: David Derong/Iowa State Daily



Photo: David Derong/Iowa State Daily

Wheatsfield also offers healthier organic variations of classic comfort foods. With lower sodium contents and all-natural ingredients, these tend to be a healthier choice than popular brand items.

>>>**GROCERIES.p14**

buying in bulk.

“Buying healthy food in bulk, such as beans, flours and dried fruits is economically friendly while continuing to keep your health in mind,” Beatty-Hansen said.

“Raw ingredients, for those who have access to a kitchen, are often cheaper than prepared meals.”

Beatty-Hansen also advised people to limit how many microwavable meals they buy to avoid adding unnecessary calories.

“Prepared or microwave meals, while possibly boasting being a low-fat option, are many times loaded with sodium,” Beatty-Hansen said.

By preparing your own meals, you will have more control over how much sodium is in your meal.

For those just beginning their healthy food journey, Hy-Vee offers a built-in nutrient-counting system, called Nu-Val.

“Nu-Val helps explain the nutrition of a product in the store,” Glass said. “Foods are assigned points out of 100, [and] the closer to 100, the more nutrient dense the food.”

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**Hy-Vee East:** 640 Lincoln Way

**Hy-Vee West:** 3800 Lincoln Way

**Dahl's:** 321 Grand Ave.

**Fareway North:** 3619 Stange Road

**Fareway Central:** 619 Burnett Ave.

**ALDI:** 1301 Buckeye Ave.

Glass explained that the different sections of the grocery store vary in Nu-Val numbers.

“The produce section is the highest rated section with a point range from lower 70s all the way up to 100,” Glass said.

Both Glass and Beatty-Hansen stressed the importance of starting small to make a lasting change in your diet.

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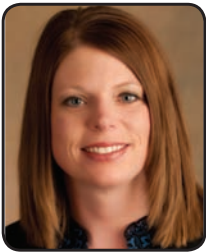
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